

## FEELINGS & ACTIONS

**"Feelings remind me of the need to act".**

**"How I feel, or act are independent processes. The relationship between them is one that I have created."**

**"My feelings are like the paint of an artist; they colour my existence and fill me with awareness creating a sense of purpose and endless potential in the same manner that my actions are like the brush strokes of the artist repeatedly dipping in the paint and painting the picture on the canvas of my life".**

It is my intention to introduce the concept of feelings and actions and how the association between them can be modified and altered. Understanding the relationship will allow you to apply the "Best friend tactic".

The motivation to survive and then thrive is always present in me. Because of this, I must determine very quickly what might threaten or enhance my survival. If something threatens my survival, I want to be able to recognize the immediate danger and take immediate action to avoid it. I take defensive action in order to neutralize a result that I do not want.

To act quicker in future, I pair the feeling that I had just experienced with the action that I had taken to be able to take offensive action more quickly and neutralize the threat more effectively. My motivation is strong, but my objective is survival, and my actions are always designed to manage danger. I constantly review my decisions and actions to ensure that I am reacting appropriately and with the most efficiency. I also strive to learn from my mistakes so that I can become a better defender. I am always prepared to react quickly and safely, if necessary.

As something enhances my survival, I want to recognize the opportunity to get the results I want and take action to take advantage of it and repeat it when necessary. As a result, the actions I take are based on the need I perceive and geared towards achieving the results I want. With the intention of being able to take actions that get me the results I want more quickly and put me at an advantage, I pair the feeling I have just experienced with the action I had taken. The intensity of the experience determines my motivation, but my objective is to thrive.

Feelings are conscious experiences as emotions, I am aware of them. When I have experienced these emotions before, they create changes in my mental state and body physiology that make them recognizable to me. I gave meaning to these feelings the first time I experienced them, even though I did not have a name for them. The more intense the experience, the more likely I am to recall it and the associated action.

Psychology defines feelings as the conscious subjective experience of emotions. An emotion is a subjective conscious experience characterized by psycho-physiological expressions, biological reactions, and mental states. My feelings depend on my perspective, and how I interpret them is dependent on how I see or perceive things, and how I recognize what I am feeling depends on my past interpretation or cataloging. I can classify something as something I desire or something I don't desire when I experience it for the first time.

Unlike what most people believe, the relationship between feelings and actions is arbitrary and one that I have created. It is possible to feel strongly about something yet act differently than what we feel. For instance, a tired parent who feels angry at the baby's incessant crying all night can nevertheless cuddle the child rather than smother or shake it.

In many cases, we suppress our feelings because an unconscious or conscious fear of the actions these feelings may produce prevents us from allowing ourselves to feel. The problem with this approach (denial) is that we never process these feelings, which makes it harder and harder to understand who we are and what we really feel. By processing the feeling, I allow myself to become fully aware of it and embrace it, even as I decide whether to act in accordance with or separate from it.

The goal when processing feelings is to allow myself to feel completely (and not attempt to pretend that I didn't feel that way) and then take actions that are consistent with "being my best friend." Note that I did not say act, but deliberately used the word choose an action.

Often, when we feel and act, we behave according to our previous conditioning, and this may not always be the best or most appropriate

action for us. On the other hand, when we select an action, we become consciously aware of it.

Using the tactic of "being my own best friend" allows me to feel unlimited emotions and do this singular act. You have the right to feel sad, angry, disillusioned, ashamed, and any other "positive" or "negative" feelings. However, the only action available to you is to be your own best friend.

To be my own best friend means accepting myself without judgment, understanding my assets and liabilities, taking responsibility for my actions and shortcomings, but never putting myself down. I always ask myself before taking any action, "Am I being my own best friend by this action?". Everything I do for my best friend; I should do for myself first.

It is impossible to truly give to others what we do not have or are unwilling to give to ourselves. The truth is, if I don't love myself, I can't truly love anyone else, and if I don't respect myself, I can't truly respect anyone else either. The more intimate I am with myself, the more intimate I can be with those around me.

Effective communication leads to trust, and trust leads to intimacy, and these principles also apply to the relationship that we have with ourselves. As a human being, I am programmed to seek validation - it is how I attach value to myself. My sense of wellbeing and usefulness is enhanced by these doses of validation. The external validation I receive comes from the things around me, whereas the internal validation comes from my own conversations.

It is very common for people who validate themselves to succeed despite the absence of adequate external validation. However, a person who is heavily reliant on external validation and has poor internal validation would often self-destruct since external validation is out of their control. This topic is covered in greater detail in the section on "validation".

"Self-identity" is shaped by how we feel about ourselves. I cannot control what people think or feel about me, and although this is important, what is more important is how I think or feel about myself. This is what affects my "self-identity" the most. Feeling ashamed is okay, but being ashamed is not.

It is okay to feel ashamed of myself, but it is not okay to be ashamed of myself. Although I seem to be saying the same thing, there is a profound difference. Shame is intangible, but it gives me a sense of awareness about my situation, which leads me to act.

The act of being ashamed, however, will result in me becoming ashamed of myself. I consider my feelings as the paint of an artist; they colour my existence and create a sense of purpose and endless potential in me. The actions I take are like the brushstrokes of an artist repeatedly dipping in paint and painting a picture on the canvas of my life that ultimately determines how it turns out.

There is only one relationship between feelings and action: the one I create. It is common for people to suppress feelings out of concern they will choose an inappropriate action, which leads to dishonest communication within them, resulting in an imbalance.

Our feelings are the essence of being alive, so we should allow ourselves to feel and then choose appropriate actions. Free will and choice are the hallmarks of our existence, and even not choosing is a form of choice, as non-belief is a form of belief. We are always involved and engaged, and sometimes we choose our direction by not choosing it. It's crucial to be comfortable with the realization that we have no control and all control at the same time.

**Points to remember:**

Feelings remind you to act.

How you feel or act are independent processes. You create the relationship between them.

No matter how you feel about yourself always take action that keeps being your "best friend".